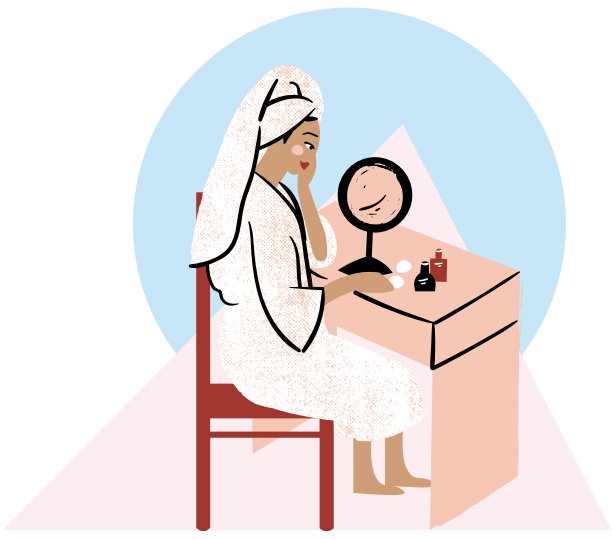
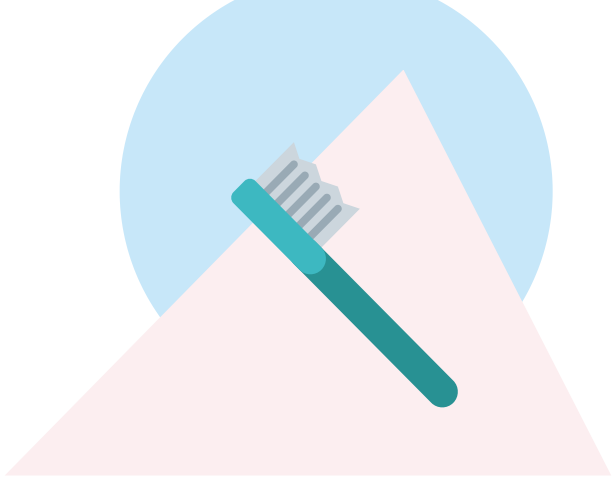
Mikvah Calendar.com

Mikvah Preparation Checklist



Hair & Body

Wash your body with warm water & soap. Check visually for dirt and/or intervening substances left. Also, wash your hair with shampoo and rinse and comb them.

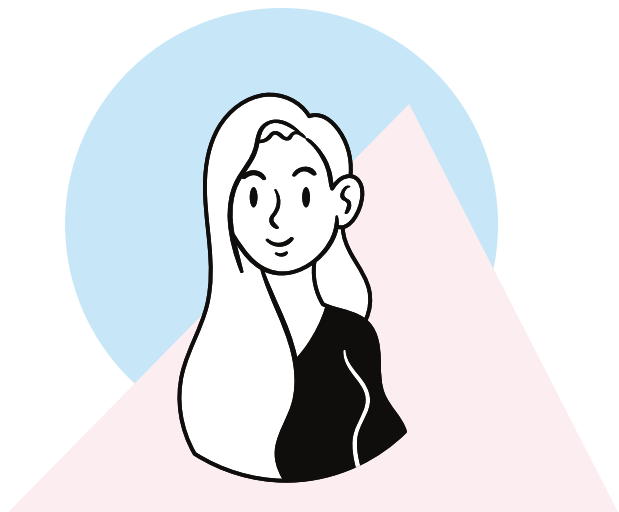


Ears & Nose

Clean your ears from dirt. And also clean and blow your nose.

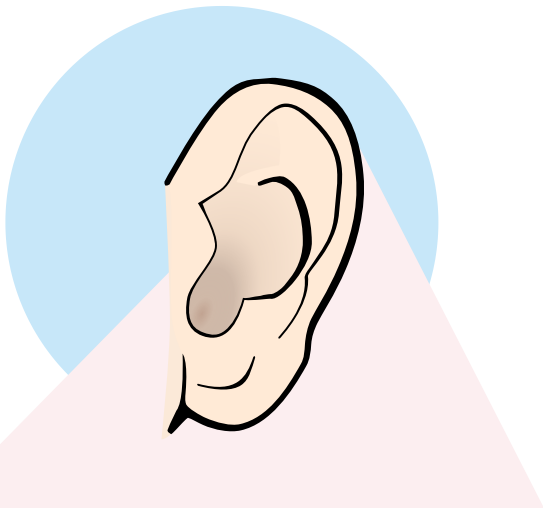
Makeup & Jewelry

Remove all your makeup, jewelry and contact lens before visiting for the mikvah bath.



Teeth & Nails

Brush your teeth properly and remove nail polish or fake nails. Clean the nails from any dirt present.



Skin & Feet

Gently soften scabs in water and remove dirt from the feet and clean them.

Contact Us

Email: contact@mikvahcalendar.com

Website: https://www.mikvahcalendar.com/wp/